

## **Get Ready for Flu Season!**

### **Frequently Asked Questions for Vermont State Employees**



#### **Who can come to the Vermont State Employee Flu Clinics?**

Active, retired and temporary state employees, regardless of their insurance coverage, are eligible. Non-State employees/retirees (spouses, children, contractors, etc.) are not eligible for vaccinations at these clinic sites. Visit [http://www.healthvermont.gov/prevent/flu/flu\\_clinics.aspx](http://www.healthvermont.gov/prevent/flu/flu_clinics.aspx) for other flu clinics.

#### **Why should I get a flu shot?**

Each year over 36,000 people in the U.S. die and over 200,000 people are hospitalized from complications of the seasonal flu. The flu shot is 70-90% effective in preventing the flu and spreading the virus to others. Receiving the shot increases the chance that individuals will stay healthy, lose fewer days of work, and enjoy more days of play. Even if you do get the flu, your symptoms will be much less severe and will not last as long as someone who was not vaccinated. **It is not possible to get the flu from a flu shot.** The vaccine is made from killed flu virus and will not cause the flu.

#### **How much does it cost?**

There is no co-pay and no out-of-pocket cost to participants for the vaccination.

#### **Where can I get a shot?**

Clinics will be offered at 26 state office buildings throughout Vermont October 19 - November 13. Registration information, clinic dates and locations will be distributed through HR Partners and our voluntary coordinators and posted at: <http://www.vermontpersonnel.org/employee/wellness.php> on September 14.

#### **When and how do I register?**

Starting September 14, register online at a SSL secure website. Telephone registration will be available for those with no computer access. Register up to 24 hours before the scheduled clinic or by Thursday for a Monday clinic. Slots will be filled on a first come, first served basis. Walk-ins will be accommodated, but **scheduled appointments will have priority.**

#### **Who is administering the flu shots?**

All vaccinations will be given by VT Licensed Nurses who are employed by our vendor, Occupational Health Strategies, Inc. DBA Healthy Achievers. This vendor was selected through a full State bid process.

#### **Will the seasonal flu vaccine protect me against H1N1 (formerly known as the "swine flu")?**

No. National health officials are researching the need for a different H1N1 flu vaccine. The Wellness Program will not be administering H1N1 vaccines. Any local vaccinations will be coordinated through the VT Department of Health. Visit their website at: <http://healthvermont.gov/panflu/SwineFlu.aspx>. It will be very important for the public to follow upcoming health care advice on the H1N1, as this virus may cause more illness or more severe illness than usual. To learn more about novel H1N1, visit the CDC website at: <http://www.cdc.gov/h1n1flu/>.

#### **Want more information?**

Call us at 802-241-1535 or email us at: [DHR-EmpWellness@state.vt.us](mailto:DHR-EmpWellness@state.vt.us). All forms and further information is available on the Vermont State Employees' Wellness Program website at: <http://www.vermontpersonnel.org/employee/wellness.php>. To learn more about flu, contact the Vermont State Department of Health at: 1-800-464-4343 or <http://health.vermont/prevent/flu> or visit: [www.cdc.gov/flu](http://www.cdc.gov/flu)